

2:05cv439-A

## For your KNEES:

To Stretch some muscle groups and to Strengthen others:



1

Sit in a chair and cross your legs above the ankles.

Your legs can be either straight or bent.



2

Push forward with the back leg and backward with the front leg, pressing evenly so that your legs do not move.

**Hold for 10 seconds and release.**

## For your HIPS:

To Stretch:



1

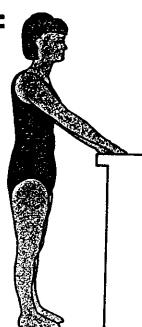
Stand straight and hold onto a sturdy table or counter.



2

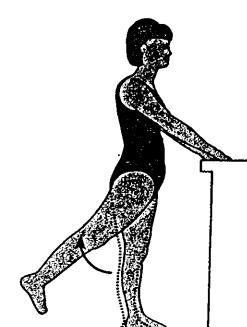
Move the outside leg as far out to the side as it will go. Keep your foot in place, roll your knee in then out, leading with your heel.

To Strengthen:



1

Stand straight, face and hold onto a sturdy table or counter.



2

Move one leg backward and up behind you, keeping the knee straight. Do not arch your back or lean forward.

**Hold for a count of 10, then slowly release.**

## How to avoid joint injury

• Select the right exercise that is right for your interests.

• Sit with one or both knees higher than your hips whenever possible, keep your upper back straight and your shoulders relaxed.

- When standing for a long time, raise one foot slightly to take the stress off your lower back.
- Wear comfortable shoes with flat heels and lots of cushion.
- When you lift, always bend with your knees, keep objects close to your body, and don't use sudden movements.
- Don't lift heavy objects above your waist.
- Sleep on a firm mattress, on your side; not your stomach.
- When driving, sit close enough to the wheel so that your legs are not fully stretched out.

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acetaminophen  
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Strengthened — and exercise is a good way to do this.

Two basic types of exercises:

Stretching exercises help you relax muscles and prevent stiffness and deformities.

Strengthening exercises make the muscles, ligaments and tendons that support your joints stronger and make movement less painful.

## Tips for beginners

- Do these exercises slowly, without bouncing or jerking.
- Start with no more than 5 repetitions of each exercise, and take at least 2 weeks to increase to 10 repetitions.
- Do the exercises in an order that keeps you from getting up and down a lot.
- Always do the same number of exercises for both sides.

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**TYLENOL**  
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# Exercise and Osteoarthritis

## For your BACK:

### To Stretch:



1

Lie on the floor with your knees bent, and your feet flat on the floor.



2

Bring one knee toward your chest, lifting your foot up off the floor.

If you need to, tuck your hands under your thigh to help lift the leg.

**Hold for 10 seconds, then lower the leg slowly.**

### To Strengthen:



1

Lie on your back with your knees bent and your feet flat on the floor.



2

Tighten your stomach muscles and your buttocks to push the small of your back against the floor.

This is known as the pelvic tilt.

**Hold for 10 seconds and relax.**

## For your KNEES:

### To Stretch some muscle groups and to Strengthen others:



1

Lie on your back with your legs straight.



2

Straighten your knee completely to tighten the muscle just above your knee.

If you are doing this correctly, your heel should come up off the floor.

**Hold for the count of 5 and relax.**

(Exhibit Ten(10))

ALABAMA DEPARTMENT OF CORRECTIONS  
DISCIPLINARY REPORT

DOC Form 225B (Revised 7/92)

1. INMATE: Richard Wright CUSTODY: Med. AIS NO.: B/1871402. FACILITY: VENTRESS CORRECTIONAL FACILITY3. The above named inmate is being charged by Officer Roosevelt Brown with a violation of rule #56 specifically: Failure to obey a direct order of a DOC official from regulation # 403, which occurred on or about November 22, 2005, at (time) 7:25 AM (am/pm), Location: 10 Dorm Lobby A hearing on this charge will be held after 24 hours from service.4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright B/187140 did not leave the lobby when order to do so.5. November 23, 2005 Roosevelt Brown, COI Roosevelt Brown COI  
Date Arresting Officer / Signature / Rank6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28th day of November, 2005, at (time) 8:27 AM (am/pm).7. Robert J. C.O.J. Refused to sign ee  
Serving Officer / Signature / Rank Inmate's Signature / AIS Number8. Witnesses desired? NO Refused to sign ee YES \_\_\_\_\_  
Inmate's Signature Inmate's Signature

9. If yes, list: \_\_\_\_\_

10. Hearing Date \_\_\_\_\_ Time \_\_\_\_\_ Place \_\_\_\_\_

11. Inmate must be present in Hearing Room. If he is not present explain in detail on additional page and attach.

12. A finding is made that inmate (is / is not) capable of representing himself.

\_\_\_\_\_  
Signature / Hearing Officer

13. Plea: \_\_\_\_\_ Not Guilty \_\_\_\_\_ Guilty \_\_\_\_\_

14. The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.

\_\_\_\_\_  
Signature / Hearing Officer15. Arresting Officer's testimony (at the hearing): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Exhibit Six (6))

**ALABAMA DEPARTMENT OF CORRECTIONS  
DISCIPLINARY REPORT**

DOC Form 225B (Revised 7/92)

1. INMATE : Richard Wright CUSTODY ME AIS NO.: B/187140

2. FACILITY: VENTRESS CORRECTIONAL FACILITY

3. The above named inmate is being charged by Officer Roosevelt Brown with a violation of rule #53 specifically: Inciting a Riot or Rioting from regulation # 403, which occurred on or about November 23, 2005, at (time) 7:25 AM, Location: Dorm 10 Lobby. A hearing on this charge will be held after 24 hours from service.

4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright, B/187140 could have caused a riot by stating, "We inmates need to stick together, I am not going out side, it's too cold."

5. November 23, 2005 Roosevelt Brown, COI Roosevelt Brown, COI  
Date Arresting Officer / Signature / Rank

6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28<sup>th</sup> day of November, 2005, at (time) 8:35 AM (am/pm).

7. Bob L. J. a.o.t. Refused to sign res  
Serving Officer / Signature / Rank Inmate's Signature / AIS Number

8. Witnesses desired? NO Refused to sign res YES \_\_\_\_\_  
Inmate's Signature Inmate's Signature

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**Signature / Hearing Officer**

13 Plea: \_\_\_\_\_ Not Guilty \_\_\_\_\_ Guilty \_\_\_\_\_  
14 The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.

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**Signature / Hearing Officer**

## 15 Arresting Officer's testimony (at the hearing):

(Exhibit Seven(7))

ALABAMA DEPARTMENT OF CORRECTIONS  
DISCIPLINARY REPORT

DOC Form 225B (Revised 7/92)

1. INMATE: Richard Wright CUSTODY: Med. AIS NO.: B/187140

2. FACILITY: VENTRESS CORRECTIONAL FACILITY

3. The above named inmate is being charged by Officer Levy Richardson with a violation of rule #29 specifically: Assault on a DOC Official from regulation # 403, which occurred on or about November 22, 2005, at (time) 7:40 AM (am/pm), Location: 10 Dorm Lobby A hearing on this charge will be held after 24 hours from service.

4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright B/187140 did kick Officer Levy Richardson in the stomach area when restraints were being placed on you and after restraints were placed on you.

5. November 23, 2005 Levy Richardson, COI Levy Richardson COI  
Date Arresting Officer / Signature / Rank

6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28 day of November, 2005, at (time) 8:125 AM (am/pm).

7. Rolland J. C.O.I. Refused to sign Roll  
Serving Officer / Signature / Rank Inmate's Signature / AIS Number

8. Witnesses desired? NO Refused to sign Roll YES  
Inmate's Signature Inmate's Signature

9. If yes, list: \_\_\_\_\_

10. Hearing Date \_\_\_\_\_ Time \_\_\_\_\_ Place \_\_\_\_\_

11. Inmate must be present in Hearing Room. If he is not present explain in detail on additional page and attach.

12. A finding is made that inmate (is / is not) capable of representing himself.

13. Plea: \_\_\_\_\_ Not Guilty \_\_\_\_\_ Guilty \_\_\_\_\_  
Signature / Hearing Officer

14. The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.  
Signature / Hearing Officer

15. Arresting Officer's testimony (at the hearing):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Annex C to AR 403 ( Page 1 of 3 pages )

(Exhibit Eight(8))

**Prison Health Services  
Alabama Department of Corrections**

**EDUCATIONAL FACT SHEET**

**BACKPAIN**

<b>INDIVIDUALIZED NURSING INSTRUCTIONS</b>	
<ol style="list-style-type: none"><li><b>1. Avoid strenuous activity, especially weight lifting and contact sports.</b></li><li><b>2. Take medication as prescribed.</b></li><li><b>3. Inform medical if pain worsens.</b></li><li><b>4. Avoid bending over to pick up anything, Instead, stoop and lift with your legs.</b></li><li><b>5. Sit up straight. Avoid slouching.</b></li></ol>	

(Exhibit Nine(9))